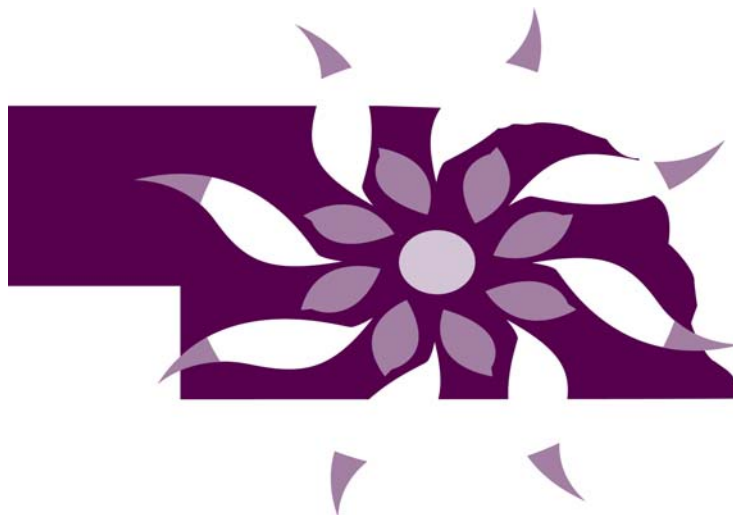


# Dimensions of Healthy Women

2006

Nebraska Women's Health Daybook

For additional copies of this free book,  
or to make comments, please contact  
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NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



Cover: "Feux" (fires)  
courtesy <http://fractales.free.fr/>

## **Personal Information**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## **Emergency Medical Information**

Blood Type \_\_\_\_\_ Allergies \_\_\_\_\_

Physician \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Hospital Preference \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

## **Emergency Contact**

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

# Welcome!

The Nebraska Office of Women's Health and the Governor's Women's Health Advisory Council are pleased to offer this 2006 Daybook. The theme is "Dimensions of Healthy Women," and the purpose is to provide you with gentle, daily encouragement to care for your own health.

Chances are that you spend your days caring for a spouse, children, parents, neighbors, friends, patients, coworkers, acquaintances, and/or pets. You may be the center of the universe for them, but what have you done for yourself lately?

Women have many dimensions—mental, physical, emotional, and spiritual. You deserve the improved health that comes from nurturing each of those dimensions every day. We invite you to use these pages as a health journal to record thoughts, feelings, and plans for improving your health and your life.

Because caring for yourself takes action, the sections of this daybook are divided into action verbs, such as love, play, relax, sleep, laugh, and simplify. Another action verb is "talk." Talk to your doctor or other health care professional about any symptoms you may have, and ask what you can do to improve your health.

If this daybook is helpful to you or if you have suggestions for improvement, please complete the evaluation sheet at the back and mail it to the Office of Women's Health. Your input will be important to us in designing future daybooks.

We wish you the best for 2006. May it be your healthiest year ever!



Kathy Ward, Administrator of the Office of Women's Health  
On behalf of the Office of Women's Health staff  
& the Women's Health Advisory Council

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# Nebraska Office of Women's Health

[www.hhss.ne.gov/womenshealth](http://www.hhss.ne.gov/womenshealth)

The Mission of the Nebraska Office of Women's Health is to help women of all ages in Nebraska lead healthier lives.

The Vision of the Nebraska Office of Women's Health is to work toward healthy women throughout Nebraska.

The Office of Women's Health was created in 2000 to help improve the health of women in Nebraska by fostering the development of a comprehensive system of coordinated services, policy development, advocacy, and education.

The Office of Women's Health serves women of all ages in Nebraska and works with other programs within and outside of the Health and Human Services System on educational campaigns for all women. Please visit [www.hhss.ne.gov/hew/owh](http://www.hhss.ne.gov/hew/owh) for more information.

*Every Woman Matters*



**Every Woman Matters** provides free or low cost screening services for women age 40 through 64 who have limited or no health insurance, and low or medium incomes. The program pays for screening and diagnostic testing for breast and cervical cancers; and for blood pressure, cholesterol, and glucose checks.



**Colorectal Cancer** is the #2 cancer killer of Nebraskans. The Office of Women's Health was awarded funding to provide colorectal cancer screening services to women enrolled in Every Woman Matters and their significant others across Nebraska.



**The Heart Truth** is a campaign dedicated to raising awareness of the signs and symptoms of cardiovascular disease in women.

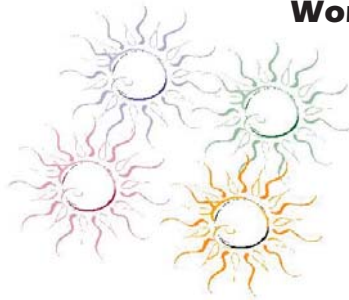


### **New Dimensions of Health for Nebraska Women**

is a planning project designed to create better integration, coordination, and communication about and among women's health care for all Nebraska women.



### **Women Lead the Way Statewide Walking Campaign**



Walking is one of the easiest ways to add physical activity to your day, and almost everyone can do it! Add a little walking, and see how small steps can add up to a big difference.



### **VERB™ It's What You Do**

is a national campaign designed to promote physical activity among 9 to 13 year olds. In 2004, the Nebraska VERB Intergenerational Conference attracted 400 women and girls from across the state. Keep an eye on [www.hhss.ne.gov/womenshealth/VERB.htm](http://www.hhss.ne.gov/womenshealth/VERB.htm) for information on upcoming 2006 VERB events.



### **Women's Health Symposium**

The Office of Women's Health presents an annual daylong conference focusing on women during National Women's Health Week. The 2006 Women's Health Symposium is scheduled for May 19, 2006 at Embassy Suites in Lincoln. For more information, please visit [www.hhss.ne.gov/womenshealth/WHs.htm](http://www.hhss.ne.gov/womenshealth/WHs.htm).

# **Women's Health Advisory Council**

The Women's Health Advisory Council provides guidance and serves as a resource for the Nebraska Health and Human Services Office of Women's Health in carrying out duties enacted by the Legislature in the Women's Health Initiative of 2000.

The Council assists the Office of Women's Health in setting priorities and/or selecting activities that have an impact on the health issues of women in Nebraska. It also provides primary guidance in establishing and recommending direction through strategic planning.

The duties of the Women's Health Advisory Council are:

- ~ Advise the Office of Women's Health in carrying out its duties as mandated in Nebraska Revised Statutes §71-701 through 71-707.
- ~ Explore other sources of funding which may be used to support the Office of Women's Health and its initiatives to improve the health of the women in Nebraska. These may include but are not limited to seeking private funds from individuals, businesses, and charitable organizations as well as through grants from governmental and/or private sources.
- ~ Bring new information to the attention of the Council and the Administrator of the Office of Women's Health.
- ~ Provide guidance and recommend action to the Administrator of the Office of Women's Health and the Nebraska Health and Human Services System on issues pertaining to women's health.
- ~ Interpret and apply scientific and/or technical information to issues pertaining to women's health.
- ~ Disseminate information in accordance with the current communication plan.



# Screenings & Immunizations

Getting regular check ups, preventive screening tests, and immunizations are among the most important things you can do for yourself. Take time to review these guidelines, and use these charts to remind yourself of when you need to see your health care provider based on your personal health profile. Make an appointment today!

*These screening guidelines are for women who are feeling well and have no personal medical history or family history that places them at increased risk for the diseases listed below.*

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65+
<u>General Health:</u> Full Check up	Discuss with your health care provider			
Thyroid Test				Periodically after age 65
<u>Heart Health:</u> Blood Pressure Check, Height & Weight Check	Starting at age 18, then once every 1 - 2 years if normal			
Cholesterol Test	Discuss with your health care provider	Starting at age 45, then every 2 years		
<u>Bone Health:</u> Bone Mineral Density Test		Discuss with your health care provider	Get at least once, then discuss repeat with your health care provider	
<u>Diabetes:</u> Blood Sugar Test	Discuss with your health care provider	Starting at age 45, then every 3 years		
<u>Breast Health:</u> Breast Exam	Yearly by a health care provider; monthly breast self examination			
Mammogram		Every 1 - 2 years, discuss with your health care provider		

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65+
Reproductive Health: Pap Test & Pelvic Exam	Every year if you have been sexually active or are older than 21	Every year		Discuss with your health care provider
Chlamydia Test	If sexually active, yearly until age 25	If you are at high risk for Chlamydia or other sexually transmitted diseases (STDs), you may need this test. See STD section.		
Sexually Transmitted Diseases (STDs)	Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD			
Eye Health: Vision Exam	Once initially between age 20 and 39	Every 2 - 4 years		Every 1 - 2 years
Ear Health: Hearing Test	Starting at age 18, then every 10 years		Discuss with your health care provider	
Colorectal Health: Colonoscopy			Every 10 years	
OR				
Flexible Sigmoidoscopy			Every 5 years	
OR				
Fecal Occult Blood Test (FOBT)			Yearly	
OR				
Double Contrast Barium Enema			Every 5 - 10 years (if not having colonoscopy or sigmoidoscopy)	
OR				
FOBT and Flexible Sigmoidoscopy			Every 5 years	

<b>Screening Tests</b>	<b>Ages 18 - 39</b>	<b>Ages 40 - 49</b>	<b>Ages 50 - 64</b>	<b>Ages 65+</b>
<u>Skin Health:</u> Mole Exam	Monthly mole self examination; by a health care provider every 3 years starting at age 20			
<u>Oral Health:</u> Dental Exam	1 - 2 times every year			
<u>Mental Health Screening</u>	Discuss with your health care provider			
<b>Immunizations</b>	<b>Ages 18 - 39</b>	<b>Ages 40 - 49</b>	<b>Ages 50 - 64</b>	<b>Ages 65+</b>
Influenza	Discuss with your health care provider		Yearly	
Pneumococcal				One time only
Tetanus-Diphtheria Booster	Every 10 years			
Varicella (VZV)	Only if you have never had chicken pox. Two doses, 18 years and over			
Measles, Mumps, Rubella (MMR)	Women of childbearing age: one dose between 18 and 50 years of age for those born after 1956			
Meningococcal	Once at age 18 if you have not already had one			

Guidelines endorsed by the Women's Health Section of the  
Nebraska Medical Association

Note: These charts are guidelines only. Your health care provider will  
personalize the timing of each test and immunization to best meet your  
health care needs.

# Statistics on Nebraska Women

- ~ 31% report having arthritis
- ~ An estimated 35,400 have been diagnosed with cardiovascular disease
- ~ 85.8% of those over 18 have had a Pap test in the last three years
- ~ 23.3% have been told that they have high blood pressure
- ~ 10.9% of Nebraska women have asthma
- ~ 47.1% of women were classified as overweight or obese in 2002
- ~ 31.3% of women 50+ have had a blood stool test within the past 2 years
- ~ 2,291 preterm babies were born in Nebraska in 2003
- ~ 6.2% reported that they have been told by a doctor that they have diabetes
- ~ In 2004, 42.1% reported meeting recommended guidelines for moderate physical activity
- ~ 1,794 low birthweight babies were born in Nebraska in 2003
- ~ Nebraska women rank 51st in cholesterol screening in the past five years (among the states, Washington DC, and Puerto Rico)
- ~ Nebraska women rank 47th in the nation in eating five or more fruits and vegetables per day.
- ~ Only one state had a lower percentage than Nebraska of persons 50 years of age and older who had ever been screened for colorectal cancer by sigmoidoscopy or colonoscopy
- ~ 75% of women 50+ report having a mammogram in the past two years

Sources:

Making the Grade on Women's Health 2004. National Women's Law Center. [www.nwlc.org/](http://www.nwlc.org/)  
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Behavioral Risk Factor Surveillance System 2004. Centers for Disease Control and Prevention.  
Brett KM, Hayes SG. Women's Health and Mortality Chartbook. Washington, DC: DHHS Office on Women's Health. 2004

# Certificate of the Right to Play

By This Certificate Know Ye That

---

is a Lifetime Member in Good Standing in

THE SOCIETY OF CHILDLIKE PERSONS

and is Hereby and Forever Entitled to

walk in the rain, jump in mud puddles, collect rainbows, smell flowers, blow bubbles, stop along the way, build sandcastles, watch the moon and stars come out, say hello to everyone, go barefoot, go on adventures, sing in the shower, have a merry heart, read children's books, act silly, take bubble baths, get new sneakers, hold hands & hug & kiss, dance, fly kites, laugh & cry for the health of it, wander around, feel scared, feel sad, feel mad, feel happy, give up worry & guilt & shame, stay innocent, say yes, say no, say the magic words, ask lots of questions, ride bicycles, draw & paint, see things differently, fall down & get up again, talk with animals, look at the sky, trust the universe, stay up late, climb trees, take naps, do nothing, daydream, play with toys, have pillow fights, learn new stuff, get excited about everything, be a clown, enjoy having a body, listen to music, find out how things work, make up new rules, tell stories, save the world, make friends with other kids on the block, & do anything else that brings more happiness, celebration, relaxation, health, love, joy, creativity, pleasure, abundance, grace, communication, self esteem, courage, balance, spontaneity, passion, beauty, peace, & life energy to the above named member & other humans and beings on this planet.

Further, the above-named person is officially authorized to frequent amusement parks, beaches, meadows, mountaintops, swimming pools, forests, playgrounds, picnic areas, summer camps, birthday parties, circuses, cookie shops, ice cream parlors, theaters, aquariums, zoos, museums, planetariums, toy stores, festivals, & other places where children of all ages come to play.

– Author Unknown

# **Your Most Important Appointment**

An appointment is an agreement to meet with someone at a specific time.

You set appointments with doctors, dentists, lawyers, accountants, contractors and hair stylists, just to name a few. Usually, appointments that are set actually take place. Even when you do have to cancel an appointment, you usually re-schedule it and place the date and time on your calendar.

There's one person, though, that you may tend to forget to set up an appointment for—you.

The reason that many of us cannot seem to find time to enjoy ourselves, read a good book, exercise, or watch a favorite TV show is that we don't schedule a definite date and time to do so. You are too important to put the things you love to do on the back burner.

Why not schedule an appointment with yourself and write it on your calendar? When the time comes, keep the appointment, just as you would any other.

You'll find that you'll be able to start doing the things you love to do because you'll have a specific time slot on your calendar prepared to give you that time.

Start by making an appointment with yourself to flip through this book and try some of the tips and techniques described.



# 2006

January							February						
1	2	3	4	5	6	7			1	2	3	4	
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28				
March							April						
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
May							30			June			
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13					4	5	6
14	15	16	17	18	19	20	4	5	6	7	8	9	10
21	22	23	24	25	26	27	11	12	13	14	15	16	17
28	29	30	31				18	19	20	21	22	23	24
July							25	26	27	28	29	30	
						1	August						
2	3	4	5	6	7	8			1	2	3	4	5
9	10	11	12	13	14	15	6	7	8	9	10	11	12
16	17	18	19	20	21	22	13	14	15	16	17	18	19
23	24	25	26	27	28	29	20	21	22	23	24	25	26
30	31						27	28	29	30	31		
September							October						
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				
November							December						
			1	2	3	4					1	2	
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						